



Techniques for Lifting Toddlers

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During a typical day, parents and caregivers of toddlers push, pull, bend, and lift over and over again. All of this can cause muscle strains to the neck, back, and leg muscles. If you have muscle or joint problems, or if you are more than 40 years of age, you may find the physical demands challenging on your back and muscles.



The most common cause of low back problems comes from stretching muscles, tendons, and ligaments leading to inflammation, swelling, and pain. The key to minimizing back pain is prevention. By bending correctly, back strain can be prevented.

Because half of the body's weight is lifted with incorrect lifting, the result is severe and unnecessary strain on the back.

A combination of strategies can lead to a healthier lift for the adults caring for toddlers. These include learning how to lift and bend properly, shaping the environment to minimize strain, and getting in and staying in good physical shape.

Helping Toddlers Explore

Toddlers are expanding their motor skills rapidly. They need adults to help them when they are trying out their new skills. Hanging from the parallel bars is exciting to try, but can be scary unless an adult is close by. When toddlers climb too high, it can be dangerous for them to come down alone, and an adult may need to lift them down.

Or, a toddler may feel adventurous as he climbs up an arch climber, but may not have the skill to climb down. The teacher may have to reach

over equipment to lift him. Toddlers also often fall down as they learn to walk, and may need someone to help them up and hold them until they are stable.

Using appropriate techniques for lifting toddlers is important. Some toddlers may weigh 30 or more pounds and require lifting many times during the day.



The American Physical

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ASK THE BUREAU

If you would like to ask a question of the Bureau of Child Care to be considered for inclusion in the newsletter, please email Mary Ann Simmons at MaryAnn.Simmons@dhss.mo.gov.

My staff complain about using bleach to sanitize. Are there other products that I can safely use to sanitize surfaces or mouthed items such as toys?

Yes. You can use any product:

- ⇒ Rated D-2 by the USDA (such as certain quaternary ammonia).
- ⇒ Labeled by the manufacturer for use on food contact surfaces. (Instructions for cleaning food contact surfaces must be included.)

⇒ Be free of dyes and fragrances.

An appropriate test kit must be available to assure correct concentrations are used. These are available at most restaurant supply companies. It is essential that staff be trained on the correct mixing and use of sanitizers.

Licensing rules require the following procedures to properly sanitize items:

1. Wash with clean, hot soapy water.
2. Rinse with clean, clear, hot water.
3. Sanitize with an approved agent.

Unscented household bleach is the most cost effective, safe and readily available sanitizer. A strong chlorine smell or a solution that bleaches clothes may indicate that the bleach concentration is too strong. More is not better. A general rule of thumb is to add ¼ tsp. of unscented bleach to 32 ounces of water.

Sanitizing products must:

- ⇒ Not be rinsed after the sanitizing step.
- ⇒ Be left to air dry.

If you have questions about sanitizers or other related subjects, please contact your local or state Environmental Public Health Specialist.

This publication provides topical information regarding young children who are cared for in child care settings. We encourage child care providers to make this publication available to parents of children in care or to provide them with the web address (www.dhss.mo.gov/ChildCare/HealthyChildCare) so they can print their own copy.

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Consumer Product Safety Commission

The U.S. Consumer Product Safety Commission (CPSC) is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products. You can reach the CPSC through:

- The CPSC toll-free Hotline at (800) 638-2772 or (800) 638-8270 for the hearing and speech impaired.

- The CPSC web site at <http://www.cpsc.gov>.

How to Obtain Recall Information

The U.S. CPSC issues approximately 300 product recalls each year, including many products found in child care settings.



Many consumers do not know about the recalls and continue to use potentially unsafe products. As a result, used products may be loaned or given to a charity, relatives, or neighbors, or sold at garage sales or second-hand stores. You can help by not accepting, buying, lending, or selling recalled consumer products. You can contact the CPSC to find out whether products have been recalled, and, if so, what you should do with

them. If you have products that you wish to donate or sell and you have lost the original packaging, contact the CPSC for product information.

To receive CPSC's current recall information automatically by email or fax or in a quarterly compilation of recalls sent by regular mail, call CPSC's Hotline and after the greeting, enter 140, then follow the instructions given.

Each issue of this newsletter will highlight a recalled product or a safety issue; however, it would be wise to check with the CPSC on a regular basis for more comprehensive information.

Recall of Children's Books

In cooperation with the U.S. Consumer Product Safety Commission, Advantage Publishers Group of San Diego, California announced a voluntary recall of Children's Books.

The recalled multicolored children's activity books have holes in the pages which allow children to touch a variety of fabrics, to push a squeaker toy, to lift flaps and to shake beads. The *Amazing Baby Look and Play* and the *Amazing Baby Touch and Play* book are for children ages 12 months to 24 months. The recalled *Rattle, Rattle* board book is for children ages 6 months to 18 months.

If the clear plastic container on the book's back cover is removed or breaks, young children can access the beads posing a choking hazard. Advantage Publishers Group has received one report of a child accessing beads in the books' clear plastic containers. However, no injuries have been reported.

These books were sold at national book chains, discount department stores, wholesalers and distributors and membership warehouse clubs nationwide from May 2003 through November 2005 for about \$16 for the activity books and for about \$6 for the board book.

Consumers should immediately take these recalled activity and board books away from young children and contact the company for a replacement book. For additional information, contact Advantage Publishers Group toll-free at (866) 748-3731 anytime or visit the company's web site at www.advpubgrp.com.

Child Care Plus+

Child Care Plus is a twelve-module course designed to enhance child caregivers' abilities to meet young children's individual needs. Throughout the course, caregivers have opportunities to brainstorm ideas and problem-solve solutions to challenges with the facilitator. From January to September 2006, the Missouri Child Care Resource and Referral Network, with funding provided by the Bureau of Child Care, will offer the first four modules across the state. The Network will host approximately 20 sessions of each of the following modules:

- ◆ Are child care programs considered public accommodations under ADA?
What is the ADA?

How hard is it to include children with special needs?

Does it work? Why should we promote inclusion? Find out in Module I.

Introduction to Inclusion (1.5 hours)

Module I provides a brief history of inclusion, an overview of the legal issues involved, and assistance in developing a philosophy. Module I will help caregivers begin to look at creative approaches to making inclusion successful.

- ◆ How do you know what a child needs?

Do you want to learn how to use daily observations to create a more nurturing environment? Learn more in Module II!

Recognizing Young Children's Strengths and Needs (1.5 hours)

Module II will help caregivers determine the strengths and needs of children and begin to create a program that will build on each child's strengths. Caregivers will consider ways to help children overcome obstacles.

- ◆ What does it mean to create an "accessible" environment?

Is it expensive? Find out in Module III.

Creating an Accessible Environment (1.5 hours)

Module III will provide caregivers with checklists to use to review the programs accessibility. Caregivers will discuss inexpensive and creative ways to promote accessibility.

- ◆ How do you work with parents of children with special needs?

How do you get parents to participate and assist in your efforts to include their child? Find out in Module IV.

Building Partnerships with Parents and Families (1.5 hours)



For more information on dates and times of Child Care Plus+ training, please contact your local Child Care Resource and Referral Agency. To receive assistance in locating your local agency, you may call 1-800-200-9017.

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Therapy Association (APTA) publishes guidelines for lifting young children. ***These include using a half-kneeling lift from the floor. In this position, one knee is on the ground and the other leg is bent while you hold the child close to your center and use your legs to push to a standing position without turning or twisting. When lifting a toddler from above your head, reverse the process and use the half kneel position to lower the child.***

The APTA also recommends that when holding toddlers, adults should avoid putting them on one hip. ***Keeping children centered on your body and using both arms to lift and hold provides better protection against back injuries.*** It is also helpful to teach the toddlers to help you lift by holding onto your body rather than leaning away from you.

Moving Toddlers in an Emergency

During emergency evacuations, toddlers need adults to move them to safety, and this may require lifting them into strollers or other means for transporting children. Having a way to transport children is important. When children are awake and alert, they may be able to assist with this process; but if evacuation is necessary

during nap time, the toddlers may not be able to help.

Because toddlers often sleep very deeply, they may be resistant to being awakened too quickly. Cots or cribs should be arranged to allow immediate and easy access to every child, and with space so you can lift them and move them as needed.



Safety Concerns

Toddlers are learning to assert themselves and sometimes want to be very independent.

Ensuring that sinks and toilets are either child-sized or equipped with risers to allow children to use these facilities independently will minimize the need for adults to lift the toddlers. This also will encourage the toddler to develop self-help skills.

A diaper table that has pull-out steps also will minimize lifting and build independence for the toddler. Be

sure these steps are stable, with wide bases. Non-slip surfaces are important to prevent the steps from moving, and also to prevent slippage of little feet.

Low shelves that allow children to reach their toys help children learn to make choices and also minimize the number of times

adults have to reach up for a toy and bend down to give the toy to a child. Similarly, low shelves can help children during clean-up time.

Having shelves that are clearly labeled with pictures of where toys go will build the habit of putting things back where they belong and reduce the number of times you bend to pick up toys to put them away.

The APTA advocates that you bend at the waist and kick one leg out behind you when picking up toys. Alternatively, you could sit on the floor and engage the children when helping toddlers clean up toys.

If back strain or injury occurs, and if the injury is not easily treated with rest and over-the-counter anti-inflammatory medication, seek medical assistance. Stretching exercises can help treat back injuries but seek a medical opinion before trying these exercises. Back braces are relatively inexpensive and can help support the back and “force” proper lifting by not allowing incorrect bending.

Parents and caregivers who are physically fit are stronger and better able to handle the pushing, pulling, bending, and lifting demands that go hand in hand with caring for toddlers.

Just another reason why regular physical activity is important - so start moving!

Calming a Crying Baby

Have you ever felt at your wits' end because of a crying baby? Take heart. According to Dr. Harvey Karp, nearly ANY baby can be quieted at the first signs of discomfort by using the 5S's in the following order and in the correct manner. Dr. Karp, author of *The Happiest Baby*, says that first you must assure that a baby is not hungry or does not need a diaper change. Then, proceed with:

1. Swaddling – properly swaddle your baby to help him feel comforted by the security of a snug wrap.
2. Side lying position - hold baby with his tummy atop your arm, his face resting in your palm, or with his head at your elbow (football hold) while wrapped in his swaddling blanket.
3. Shushing - make a long “s-h-u-s-h” sound directly into your baby’s ear to mimic the sound he heard in the womb. This ‘shush’ must be louder than the baby’s crying so he can hear you and thus be calmed.
4. Swinging - swing your baby back and forth as you shush into his ear. He’ll love this gentle motion.
5. Sucking – this is an inborn need and babies love to suck.

Dr. Karp advises parents can learn to turn on babies internal “calming reflex” by recreating the coziness, the sounds, and the rhythmic motion of the mother’s womb. To learn more, visit <http://www.thehappiestbaby.com/>. Learning the 5 S's just takes a little practice.

Information provided by:
Becky Weber, RN
Cole County Health Dept.
573-636-2181, ext. 106

For CACFP training dates, please visit
<http://www.dhss.mo.gov/cacfp/training.html>.

Infant Massage

The power of touch can be an amazing experience. According to research by Sears and Sears (2003) and Tiffany Field, infant massage benefits both the infant and the caregiver (www.zerotothree.com, 1993).

Benefits to babies include:

- ▶ Increased weight gain (in premature infants).
- ▶ Improved digestion.
- ▶ Strengthened immune system.
- ▶ Improved routines such as sleeping and feeding.

Benefits to caregivers include:

- ▶ A better relationship with the child.
- ▶ More sensitivity to the child’s needs.
- ▶ Awareness of the infant’s nonverbal cues.

If you are interested in learning more about infant massage, contact:

- ▶ Parents as Teachers at www.parentsasteachers.org or 1-866-728-4968.
- OR**
- ▶ ParentLink at www.extension.missouri.edu/parentlink or 1-800-552-8522.

Submitted by:
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Food Safety Game

The Missouri Department of Agriculture (MDA) is making available a limited number of games, free of charge, to educators, teachers, youth group leaders and home school instructors. Developed for ages 5 to adult, *Let's Make a Missouri Meal* was designed to teach food safety in a fun, educational manner. To learn more about this game or to obtain a copy, contact MDA at 573-522-3377.



Do you have an Emergency Preparedness Plan?

Emergencies strike at any time. Are you prepared? If not, you may want to contact the Missouri Department of Health and Senior Services for a *free* emergency preparedness initiative called *Ready in 3*.

Ready in 3 provides three simple steps to prepare for an emergency situation:

1. Create a plan for your family and your business.
2. Prepare an emergency kit for your home, car and work.
3. Listen for information about actions to take during an actual emergency.

The *Ready in 3 Family Safety Guide* explains these steps in more detail. Accompanying this guide is a Family Plan booklet which outlines information that should be included in your emergency plan. This is available in English, Spanish, Bosnian, and Braille.

Fifteen-minute videos have been designed to help you prepare for emergency situations. These are available in DVD and VHS format.

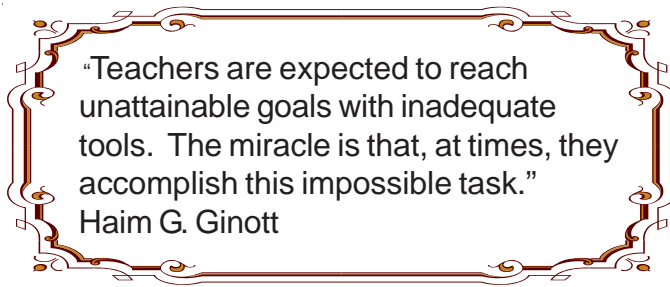
To order a copy of the *Family Safety Guide*, a video or other Ready in 3 materials free of charge, visit [www.dhss.mo.gov/Ready in 3/](http://www.dhss.mo.gov/Ready_in_3/) or call the Center for Emergency Response and Terrorism at 573-526-4768.

It is never too late to prepare for an emergency!

CHILD PEDESTRIAN SAFETY RESOURCE

FedEx has teamed up with Safe Kids Worldwide to develop and make available a safety activity book related to child pedestrian safety. The free *FedEx Safety Fun Activity Book* for children is available in English at <http://www.fedex.com/us/about/download/responsibility/community/safekids/activitybook.pdf>, or Spanish at <http://www.fedex.com/us/about/download/responsibility/community/safekids/activitybookspanish.pdf>.

Nationwide, pedestrian-related injuries account for more than 658 deaths in children ages 14 years and younger each year. To learn more about preventing unintentional injuries in children, visit <http://www.safekids.org/>.



Newsletter by E-mail

If you would like to receive the Healthy Child Care newsletter electronically, please send an email to MaryAnn.Simmons@dhss.mo.gov and put "Healthy Child Care newsletter" in the subject line. Be sure to include your current mailing address as well.

Advantages:

- ▶ Information not delayed due to printing and mailing.
- ▶ Immediate link to web sites.
- ▶ Less paper waste.

NEW TEL-LINK BROCHURE AVAILABLE

TEL-LINK is the Missouri Department of Health and Senior Services' confidential, toll-free telephone line for maternal and child health care. The purpose of TEL-LINK is to provide information and referrals to Missouri residents concerning a wide range of health services. Callers are given referrals and then are transferred immediately to the appropriate agency. A new TEL-LINK brochure was recently printed and is now available to the public. Please call **1-800-TEL-LINK (1-800-835-5465)** to order free copies of the brochure.

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services, Bureau of Child Care, P.O. Box 570, Jefferson City, MO, 65102, 573-751-2450. Hearing impaired citizens telephone 800-735-2966 or VOICE 1-800-735-2466. EEO/AAP services provided on a nondiscriminatory basis.



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